



## German Oven Pancakes

READY IN



25 min.

SERVINGS



4

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter melted
- 3 eggs
- 0.5 cup flour all-purpose sifted
- 4 servings fruit fresh cut into bite-sized pieces
- 0.5 cup milk
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 4 servings whipped cream

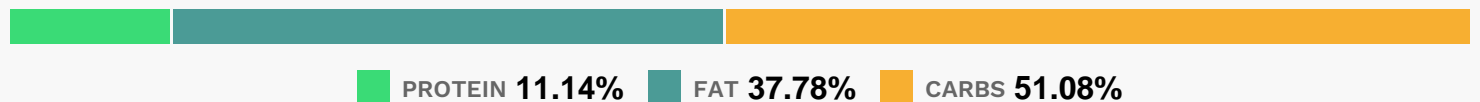
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Preheat oven to 450F. If you have a convection oven, set it at 425F (the pancakes rise even higher on the convection setting).
- In a large bowl, lightly beat the eggs with a whisk or fork. Stir in the milk, melted butter, salt and sugar.
- Add the flour to the egg mixture, a big spoonful at a time as you continue to whisk. Be careful not to over-mix, to keep the pancake light and fluffy.
- Lightly spray a 9"-11" oven-safe skillet with cooking spray.
- Pour the batter into a heated skillet (this will yield a more golden brown, puffier pancake).
- Bake 12-18 minutes, just until the edges are golden. Check your pancake at the 12 minute mark. Top with the fresh fruit and whipped cream just before serving.

## Nutrition Facts



## Properties

Glycemic Index:72.02, Glycemic Load:11.68, Inflammation Score:-5, Nutrition Score:8.5982609106147%

## Nutrients (% of daily need)

Calories: 267.07kcal (13.35%), Fat: 11.41g (17.55%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 32.37g (11.77%), Sugar: 18.44g (20.49%), Cholesterol: 146.03mg (48.68%), Sodium: 255.55mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Selenium: 16.18µg (23.11%), Vitamin B2: 0.31mg (17.96%), Vitamin A: 801.51IU (16.03%), Phosphorus: 134.26mg (13.43%), Folate: 46.86µg (11.72%), Vitamin B1: 0.17mg (11.32%), Iron: 1.68mg (9.32%), Fiber: 2.32g (9.27%), Vitamin B12: 0.49µg (8.13%), Vitamin B5: 0.76mg (7.63%), Manganese: 0.15mg (7.48%), Vitamin B3: 1.45mg (7.25%), Calcium: 72.12mg (7.21%), Copper: 0.14mg (6.82%), Vitamin D: 1.02µg (6.8%), Potassium: 224.06mg (6.4%), Vitamin K: 6.29µg (5.99%), Zinc: 0.8mg (5.31%),

Vitamin B6: 0.1mg (5.16%), Magnesium: 17.79mg (4.45%), Vitamin E: 0.57mg (3.81%), Vitamin C: 2.61mg (3.16%)